

Newest Chief Petty Officers pinned Sept. 17

Naomi Sullivan
CFAS Public Affairs

The Chief Petty Officer (CPO) pinning ceremony was held Sept. 17 at the Harbor View Club.

The ceremony marks the end of an 8-week transition period for the Chiefs. Over the past few weeks the selectees participated in training to help them prepare for this significant increase in responsibility. They have been challenged both physically and mentally through a rigorous physical training program and daily tasks that tested their resourcefulness and taught them the meaning of being part of the Chief's Mess.

"The transition is the time that the selectees are getting ready for the new responsibilities and situations they will encounter as CPO's," said Command Master Chief (SS) Bill Lowmon, who is responsible for the transition period. Lowmon added "[the] selectees have completed the journey to earn the right to wear the anchors."

The ceremony was marked by various traditional speeches by Chief Petty Officers at Fleet Activities Sasebo (CFAS). Master Chief Boatswain's Mate Wittney Rose, delivered the history of the US Navy and the Chief Petty Officer. "You have come to a point where, having served through all the lower ratings, you are supposed to be an expert in your own branch." Rose added, "Remember you are also under the constant watchful eye of your juniors...you have the standard, live up to it!"

Lowmon gave the Presentation of



A Chief Selectee gets his wife to pin on his anchors during the Chief Frocking Ceremony conducted onboard U.S. Fleet Activities Sasebo. The pinning is the final step of a rigorous transformation process held by other Chiefs. (Official U.S. Navy Photo by Photographer's Mate Airman Marvin E. Thompson Jr.)



A Chief Selectee gets covered by his sponsor during the Chiefs Pinning Ceremony Sept. 17. (Official U.S. Navy Photo by Photographer's Mate Airman Marvin E. Thompson Jr.)

Editor's Note:

Due to FY05 budget cuts, *Sasebo Soundings* will change to an 8-page, black-and-white format beginning with the Oct. 2 issue. *Sasabo Soundings* will still be available in color online in PDF format at <www.cfas.navy.mil>.

We will continue to provide extensive coverage of local news and community events and in the future readers can look forward to *Sasebo Soundings Online*.

Anchors, outlining the importance of the emblem – the anchor – for Chiefs. Following was the pinning of anchors and presentation of covers. Each Chief Selectee was covered by their sponsor, and then, following tradition, was 'rung into' the CPO Mess.

Concluding the events was a special presentation by Command Master Chief (AW/SW) James Blevins, USS Fort

McHenry, to the spouses of this year's new Chief Petty Officers. Each spouse was presented with a certificate thanking them for their support and devotion unselfishly given to their spouse's career.

CFAS would like to congratulate the new Chiefs on their recent promotion.

CFAS sponsors Pensacola relief drive

Released by CFAS Public Affairs

A Fleet Activities Sasebo (CFAS) sponsored Pensacola monetary relief drive will be conducted through the close of business Monday, Sept. 27.

CFAS will seek donations in cash, yen or checks payable to 'Religious Offering Fund'.

Capt. Michael L. James, Commander, Fleet Activities Sasebo, has authorized the collection of donated funds through the CFAS Religious Ministries Department Religious Offering Fund to assist the many Navy families in the Pensacola, Fla., area in need of emergency support following Hurricane Ivan.

Funds collected through this special designated offering will be turned over to the Navy-Marine Corps Relief Society for

distribution to those in need.

It is requested that commands and organizations who wish to participate in this effort to take care of our own appoint a representative to collect funds and deliver them in a sealed envelope (identifying the command or organization and the total amount enclosed) to the CFAS Command Chaplain's Office on the second deck of the main base Community & Education Center, no later than the close of business Sept. 27.

Individuals may submit their donations directly to the Chaplain's Office if giving through a command or organization is not convenient. *Monetary donations only* are being solicited. Please do not donate goods, supplies, etc. For more information call the Chaplain's office at 252-3380.

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Making Japan your most memorable assignment

Rear Adm. Frederic J. Ruehe
Commander, Naval Forces Japan

I've used the generous space allotted to me in this column previously to explain our concept of Leading Fleet Support – staying in step with the fast pace of the Forward Deployed Naval Forces to ensure our operating forces have the shore support needed to carry out their vital mission.

Another of COMNAVFOR Japan's key responsibilities comes in the area of people support – assisting Sailors and their families in making the adjustment to their new duty station so they are able to make the most of their time spent in our host country. As we close another summer PCS season, with the opportunity to welcome many new arrivals, this focus is especially appropriate.

It takes a lot of courage to move half-way around the world, leaving family and friends, support networks and the comforts of home behind. We understand that many Sailors and family members are away from home for the first time when they come to Japan. Even for our more senior personnel, both military and civilian, an overseas assignment can be a challenging proposition.

Helping our people successfully adjust to a new culture, and teaching them the skills so they may become good neighbors, is a responsibility we, as Navy leaders, all share. I personally and firmly believe that getting involved outside the gate, whether it's as part of a command community relations project, an MWR-sponsored tour or simple person-to-person interaction, is the key to making Japan the most memorable assignment of your career.

We want our Sailors, civilian employees, and their families to feel comfortable in Japan. We want them to meet their Japanese neighbors and to see the many cultural treasures Japan offers. We want them to learn the culture, to understand the customs of the Japanese, and to see this beautiful country. We feel this not only makes better

Sailors and civilian employees, but has a positive and life-long impact on every family member. The overseas experience adds value to our own contributions as citizens of the United States.

It is for precisely this reason that we conduct the mandatory AOB / ICR familiarization course for everyone who comes to Japan for the first time – Sailors,



REAR ADM. FREDERIC J. RUEHE
COMMANDER, NAVAL FORCES JAPAN

family members, civilian employees – everyone. As you know, it's a week-long course, but it's an endeavor worth the price in terms of resources and man hours. The benefit is a positive impact on our life in Japan.

The course covers some of the laws and many of the customs of Japan. It covers the public transportation systems and how to use them, as well as food, manners and courtesy and etiquette. We stress throughout the course that we are guests here and must always act accordingly. We

explain what kind of behavior is expected and required of our Sailors, and of their family members and civilians working for the Navy as well.

We also have a host of educational programs available to ensure cultural education continues during an entire Japan assignment. Our Fleet and Family Support Centers offer courses in subjects as varied as Japanese language and culture to shopping tips to how to repair a square of shoji. At Yokosuka, we even offer a class called the J Files for our middle and high school students featuring information about food, getting around and having fun in Japan.

And I'd venture to say that there's not an attraction, an entertainment venue, a sporting event, a festival, a wilderness, a shrine or a shopping district you can't get to via your base's Morale Welfare and Recreation department.

I issue a special challenge to those of you reading this column, who have been in Japan for more than a year, or who have served here previously, to mentor and assist your younger or newer shipmates and their families. You can be a great resource, and a great reassurance, to the newer members of the Japan Navy family.

I'll close with a reminder that our actions have a direct bearing on mission accomplishment. We are all ambassadors of the United States of America while we are serving here in Japan. Your strong and positive engagement with our Host Nation neighbors is America's most effective vehicle for delivering international good-will and building on our successful collaboration with our strongest allies – the Japanese.

For most of you, your time here is finite. In a couple of years, the Navy will move you, and you may never get back to this part of the world again. Take every advantage of this once-in-a-lifetime opportunity to truly experience Japan and all the wonderful things it offers you.

Navy OneSource team briefs held Sept. 20 - 23

JO1(SW) Ron Inman
CFAS Public Affairs

Whoever wrote the song, "It's A Small World After All" wasn't thinking of Navy OneSource, but they may as well have been. With telephonic and/or e-mail assistance available 24 hours a day, 365 days a year to active duty, reserve and civilian naval personnel and their families on an extensive range of topics, the complex Navy world just got much easier to manage.

Nancy Avila, one of two Navy OneSource program managers, and Bob Bransford, OneSource military liaison, visited Fleet Activities Sasebo (CFAS) Sept. 20-23 to provide briefings on Navy OneSource.

"This is a new program sponsored by the Department of Defense," said Bransford. "It's unlike anything offered before. The briefs give a broad overview of how the program extends current services in a completely new way."

Navy OneSource can be used any time and anywhere – when you need support after hours or on weekends, when your schedule

doesn't allow you to use regularly scheduled base services or when you are separated from base resources anywhere in the world. Simultaneous translation of over 150 languages is provided so callers can speak in their preferred language.

Topics within the scope of Navy OneSource include everyday issues, relationships, family support, deployment, health and wellness, education and schooling, relocation and financial matters.

OneSource consultants hold masters degrees in areas such as social work, child care and education and will answer the phone live, assess your needs and help you to develop an action plan to address those needs. If the issue requires research, they will get back to you within 2-3 days. They will then follow up with you to assure your needs have been met.

"The goal of Navy OneSource is for us to do the leg work for difficult issues or concerns for active duty and reservists, their spouses and civilians so they can concentrate on their mission and family," added Avila.

Avila emphasized that Navy OneSource is an extension of the Fleet and Family Support Center (FFSC).

"We're partners with the FFSC," said Avila of Navy OneSource. "We ask that anyone who missed our briefings contact the FFSC for the briefings we presented this week, or for additional information."

To call Navy OneSource from Japan, dial 99-1-484-530-5914. Local rates will apply for the call. The special needs line is 99-1-800-346-9188, local charges apply. The foreign language line is 99-1-888-732-9020, local charges apply. Avila and Bransford advised that in order to save money, customers can e-mail or call Navy OneSource and request that a consultant call them back.

Navy OneSource Online can be accessed by visiting www.Navyonesource.com. The user id is "Navy" and the password is "Sailor". On the site, visitors may ask a question, schedule a call from a consultant at a time convenient for the customer, view or download helpful articles and booklets, order materials free of charge or shipping, listen to audio presentations and more.

'MyRoad' can help put you on the road to success

Amy Brennan
E. J. King Correspondent

Recently, E. J. King High School students took time out of their regular seminar classes to learn about an exciting new program called MyRoad.com. MyRoad is an online resource offered through the College Board that offers a variety of services to students, including personality assessments, career and college major exploration, detailed college searches, and information about applying to colleges. The website also offers personal accounts of what professionals have to say about their choices in college and careers. MyRoad.com has been provided by the Department of Defense Educational Activity (DoDEA) to all DoDDS schools as part of the High School Initiative (HSI).

During the training session, E. J. King's counselors helped students log into the website, and were available to answer

questions and provide guidance. All King students had the opportunity to establish individual accounts and explore the basic features of MyRoad, but individual exploration throughout the school year is strongly encouraged.

College and career exploration should be an ongoing process for all high school students. Especially for E. J. King juniors and seniors, it is time to get going on college searches and applications. Starting now ensures that innumerable opportunities will not pass you by, including testing dates, scholarship and financial aid deadlines, and more.

Most colleges and universities require students' SAT or ACT scores prior to admission. This year, the SAT test will be given on the following dates: Nov. 6, Dec. 4, Jan. 22, and May 7. Additionally, ACT test dates are Oct. 23, Dec. 11, Feb. 12, and April 9. For registration information for any of these test dates, please contact Mr. Victoria in the Student

Affairs Office at 252-3072. For underclassmen, the PSAT offers students the opportunity to practice taking SAT-type tests, and can qualify students for National Merit Scholarships. Sophomores and juniors will be taking the PSAT on Oct. 13.

Although there are limited opportunities to take these important tests, good SAT and ACT scores can be factors in admissions to the college or university, and can equate to thousands of dollars saved on a college education through scholarships. For more information about these tests, visit www.collegeboard.com, www.act.org, or contact Rob Victoria, E. J. King High School counselor at 252-3072.

If you have any public interest questions regarding E.J. King High School that you would like to have addressed in the Sasebo Soundings, please contact the E.J. King point of contact, Amy Brennan at 252-3059.

Tour change for Sailors serving Marine units in Japan

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — Corpsmen, dental technicians, religious program specialists and personnelmen serving with Marine Corps units in Okinawa and Iwakuni, Japan, can now expect to serve longer tours. Effective immediately, all unaccompanied Sailors serving with Fleet Marine Force Units will do so under U.S. Marine Corps policy that requires a two-year tour. Sailors on accompanied orders will serve a tour of three years. Under previous regulations, Sailors serving unaccompanied tours in specific units were only required to serve one-year tours. Camp Fuji, because of its isolation, will remain a one year unaccompanied tour. "In the past, a DoD tour length exception was made for very isolated duty stations or those that didn't meet quality of life standards," said Lt. Cmdr. Denise Holdridge, assistant branch head for hospital corpsman and dental technician assignments at Navy Personnel Command in Millington, Tenn. "Dramatic improvements in living conditions and an overall improved

infrastructure in Japan has begun, which will eventually eliminate...the need for exception to the policy." In response to the policy change, Sailors who have not yet left detaching commands will receive an order modification that will lengthen their tours to two years. Sailors currently assigned to the Third Marine Expeditionary Force (MEF) or Marine Corps Bases Japan (MCBJ) on one-year unaccompanied tours will have their current Projected Rotation Date (PRD) honored, as will Sailors who have orders to Third MEF or MCBJ and have already departed from their detaching command. Any Sailor who volunteers to stay for a second year may use the Overseas Tour Extension Incentive Program (OTEIP) to do so. Married Sailors on their first enlistment serving a one-year unaccompanied tour may elect to change to a three-year accompanied tour, as long as they obtain command approval and sponsorship for their spouses. Questions about the change in policy may be directed to Navy Career Counselor Cilor Alivio Girardo by calling 252-3396.

Change of Command for Amphibious Group One

JO 3 James Kimber
Amphibious Group One Public Affairs

WHITE BEACH NAVAL FACILITY, Okinawa, — A change-of-command ceremony for Commander, Amphibious Group One is scheduled to take place here Oct. 1.

After fifteen successful months as the commander of the Navy's only forward-deployed amphibious task force, Rear Adm. Gary R. Jones will relieve his post to Capt. Victor Guillory. Guillory, a Sailor with 26 years experience, is coming from the office of the Chief of Naval Operations as the branch head for warfare systems. He will soon assume the rank of rear admiral for his new post. Jones' next assignment is Commander, Naval Training Center, Great Lakes, Ill.

Having three different titles, Commander, Amphibious Force U.S. Seventh Fleet/Amphibious Group ONE/Task Force 76 is responsible for conducting expeditionary warfare operations to support a full range of theater contingencies, ranging from humanitarian and disaster relief operations, to full combat operations. CTF 76 is Seventh Fleet's primary Navy advisor on amphibious matters in the Seventh Fleet Area of Operations (AOR), and conducts a number of bi- and multi-lateral exercises each year in support of Commander, U.S. Pacific Fleet's Cooperative Engagement Strategy.

White Beach Naval Facility Okinawa is the flag headquarters of the command and control staff, Task Force 76, for the Essex Amphibious Ready Group, the U.S. Navy's only forward-deployed amphibious ready group.



A Seabee, attached to Naval Mobile Construction Battalion 133 Detail Sasebo, slices through a reinforcement bar for the concrete formwork of a current project. Seabees attached to NMCB-133 Detail Sasebo are on a regularly scheduled six month deployment from their homeport in Gulfport, Miss., and are scheduled to conduct various upgrades to existing facilities and facility installation projects at Fleet Activities, Sasebo during their deployment. (Official U.S. Navy Photo by PHAN Marvin E. Thompson Jr.)

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- Car Buying Strategies
- Home Buying Workshop
- Savings & Investment Workshop
- Kids Financial Planning Workshop
- Command Financial Specialists Training
- Individual Financial Counseling

What is the Navy League?

Jerry Havens

President, Navy League Sasebo Council

Created 102 years ago with a personal grant from President Theodore Roosevelt, the Navy League of the United States is an organization dedicated to supporting our nation's sea services; Navy, Marine Corps, Coast Guard, and Merchant Marine. The support of the Navy League can be seen in many ways worldwide, with many of its premiere programs thoroughly sanctioned by Department of Defense leadership.

A major concern of President Roosevelt was keeping the vital need for strong sea services in the forefront of every American's mind. Navy League is dedicated to the provision of programs that not only celebrate, show respect for, and demonstrate gratitude to our Sailors, Marines, Coast Guardsmen, and Merchant Mariners, but also herald their accomplishments to the world to keep awareness of our sea services alive.

Sasebo received a charter for our local Council on Nov. 15, 2003, with our membership more than doubling in size in the brief ten months we've been in existence. Our membership is currently made up of 38 American, 32 Japanese and 8 honorary active duty members.

Active duty sea service personnel are the only individuals unable to become dues-paying Navy League members. All U.S. citizens, regardless of whether they have ever served in the military or not, and foreign nationals, are eligible to join the Navy League. While we have a number of retirees, we have an equal number of civilians, and military spouses filling out our rolls at present, with Mr. Takehisa Seki, our Council's Associate Vice President, continually recruiting additional Japanese membership.

During our brief existence your Sasebo Council has been responsible for a variety of events and programs, to include: Sasebo's 2004 Sailor of the Year Banquet in April, presentation of recognition certificates to all local command Sailor of the Quarter selectees for the first and second quarters of 2004, the recently staged Japan-America Friendship Cup Little League tournament in Nimitz Park, a Reserve Officer Training Corps (ROTC) scholarship and other recognition for ROTC students, donation of two infant car seats to Security and many more activities.

We want you to become a member of the Navy League. As our numbers grow, so will our ability to develop new and better ways of supporting our active duty personnel, set up more youth oriented programs and services for the community, and create additional opportunities to interface



with our local Japanese hosts in strengthening the strong ties of mutual respect and friendship our two peoples must share.

Our meetings are held at 6:30 p.m. the third Tuesday of every month in the Harbor View Club. If you are interested in stopping by to see who and what we are, everyone is always welcome. If you would like more information, or to get an application to join Navy League, you may call Jerry Havens at 252-3109 or 252-7233. Again, while the Sailor is ineligible to become a member, all of you spouses out there are eminently capable of joining in this organization. For active duty personnel, we need your participation to keep us aware of what issues and needs our Sailors and Marines are experiencing, and how Navy League could better benefit the community.

FFSC celebrates 25 years of service



Volunteers and employees gathered at the Fleet and Family Support Center Sept. 17 to celebrate 25 years of service to the service members and their families.

Naomi Sullivan
CFAS Public Affairs

The Fleet and Family Support Center (FFSC) opened its doors to community members Sept. 17 to celebrate the 25 years of service they have provided to service members and their families.

The Family Service Center was established in Norfolk, Va., in 1979. Initially the organization's focus was on arts and crafts and other activities for military families. Over the years, there was an increasing awareness of the significant increase in the needs of family members.

That awareness led to the formation of an invaluable support center for servicemember and their families, providing services for spousal employment, volunteer

work, information and referral and counseling services by professional and licensed staff.

In 2001 the Family Service Center again set out to expand their services by giving greater support to military servicemembers by reaching out to the fleet and focusing their mission on readiness and retention. With the additional services they changed their name to the Fleet and Family Support Center.

Sept. 17 was a day for the FFSC to give back to the Sasebo community for their support; along with a cake cutting ceremony, certificates of appreciation were presented to departments and individuals around Fleet Activities Sasebo in recognition of their efforts. For more information on the services provided by FFSC, call 252-3604.

CFAS Safety Corner: carbon monoxide

Charles Carr

CFAS Safety Department

Carbon monoxide is a tasteless, colorless, odorless gas that interferes with the delivery of oxygen throughout the body. Sources of carbon monoxide include: Unvented kerosene and gas space heaters, leaking chimneys and furnaces, back-drafting from furnaces, gas water heaters, wood stoves and fireplaces, gas stoves and automobile exhaust from cars in attached garages.

Fetuses, infants, elderly people and people with anemia or with a history of heart or respiratory disease can be affected more quickly by carbon monoxide. At lower levels, carbon monoxide can cause flu-like symptoms: headaches, dizziness, weakness and fatigue. At higher levels, or with prolonged exposure, it can cause confusion, disorientation, impaired vision and coordination, brain damage, coma and death.

Ways to reduce risk

- Keep gas appliances properly adjusted.
- Use proper fuel in kerosene space heaters.
- Above gas stoves, install and use an exhaust fan that is vented to the outdoors.
- Be sure flues are open when fireplaces are in use.
- Do not idle a car inside the garage.

Are warning devices available?

A variety of carbon monoxide detectors, both plug-in and battery-powered, are available at hardware, home and discount stores. If you have family members with special health needs, purchase a detector labeled 'supersensitive'. The Consumer Product Safety Commission recommends that every home have at least one carbon monoxide detector installed near the sleeping area.

What to do if the carbon monoxide alarm sounds

If the alarm sounds and anyone is feeling symptoms of carbon monoxide poisoning, your home may have a potentially dangerous level. Leave the house immediately. Call the fire department, local utility company or local emergency medical services from a neighbor's home. If the alarm sounds and no one is feeling any symptoms of carbon monoxide poisoning, ventilate the home by opening windows and doors and turning on fans. Turn off any combustion appliances immediately. Then call an appliance repair technician to find the cause of the alarm.

For more information on Safety call the CFAS Safety Department at 252-3903.

Voters' Week essay contest sponsored by USO

Naomi Sullivan
CFAS Public Affairs

During Armed Forces Voters' Week Sept. 6-10, the Fleet Activities Sasebo (CFAS) Staff Judge Advocate's (SJA's) Office held an essay contest sponsored by the United Services Organization (USO). The contest was open to E.J. King High School students, who wrote essays about the importance of exercising your right to vote.

Lt. Meribel Mercado from the SJA's office and Linda Connerly E.J King High School principal judged the essays. Jade Sanders took first prize and was awarded a \$100 Navy Exchange (NEX) gift certificate by D.J. Stanhope, USO Director. Justin Stepura took second prize, receiving a \$50 NEX gift certificate, and Kayla Rhode took third prize with a \$25 gift certificate. Read their winning essays below.

Why is it important to exercise your right to vote?

Jade Sanders
First Place Essay

Do you agree with the issues that are going on in our country today? Whether it is economic, political or environmental issues everyone has their own opinion. Just like exercise is important for our bodies to stay in shape, voting is necessary for our country to stay in order. Americans live in a democracy which means that people are the ruling power. This gives us the right to the First Amendment: Freedom of Speech. So everyone over the age of 18 speak up! You have the vote and voice your opinion. Voting is such an important part of America, we're voting for people who when they speak represent us and our country. We're voting for people who have the power to rise taxes which can mean extra money out of your pocket. Most of all we are voting for people who are a part of the decisions made for the United States. The country we live in, the land we pay taxes for to help with homeland security, environmental issues, public transportation, public schools and much more.

So stop sitting on your couch and complaining about issues you feel need to be resolved, vote this November for who you think will do the best by our country.

Justin Stepura
Second Place Essay

As an American it is important to exercise your right to

vote. Our country was formed on the basis that the government would be run for the people by the people. The government is all around you in your daily life, either directly or indirectly. The roads you drive on, your house, your job, the school you attend; the government is all involved, somehow. With something affecting your life so strongly wouldn't you like to have some kind of say about it? Then vote, it is the only way you can make the government work for you. It is your freedom and your right so take advantage of that power. Vote!

Kayla Rhode
Third Place Essay

All you hear nowadays is people talking about politics. Whether you are democratic, republican or liberal, you have a voice. You may think, "Because we're just the popular vote, our votes don't count. The Electoral College makes the decision on who should be in office." Well, the Electoral College does make the final decision but the popular vote - your vote - helps make that decision. If you don't like how something is done in our government, your voice can be heard because you are probably not the only one who feels this way. Your vote can change who will run our country. Your vote can help maintain our society. Your vote can keep America united because voting is the most American thing you can do for our country.

Housing holding town hall meetings with residents

Naomi Sullivan
CFAS Public Affairs

Hario housing's Bara Tower was the first location of a recent initiative to reach out to residents. Gail Benton, CNFJ Sasebo Housing Director has started an initiative to hold town hall meetings outside of the base wide meetings, which generally do not get large participation, making it a more personalized environment.

"These meetings are designed to help improve the quality of residents living environments. We have an open floor conversation where we can deal with the issues that might be going on in that area," said Benton.

At the recent meeting at Bara Tower ten residents out of 68 joined in.

Some of the issues that were discussed were trash around the building, in the elevators and throughout the floors, personal items in the hallways and fire safety.

Benton could not stress enough that parents need to take responsibility for their children, especially when they are outside of the house.

"Back in the states people watch out for their kids because there are gangs and other dangers that affect our youth. In Sasebo, residents get a sense of security and feel they do not have to pay attention to all the details of their child's where about," she said. "We must get to a point where parents are taking responsibility for their kids and are not afraid to confront other children in cases where it may be necessary to intervene."

Benton mentioned some changes in the works for the area surrounding the tower. The little tots park outside of the tower is going to be cleaned up and possibly have a barbecue area installed. The bulletin boards on the individual floors will be removed. Residents' names on the first floor will be removed and this area will be used for community announcements controlled by the housing office in Hario. Cameras will be installed in the elevators.

"Living in government housing is a privilege, not a right, and everyone needs to abide by the rules," said Benton. "The same rules have been in affect for a long time, however tenants were not penalized for not being in compliance. We have to take care of the community and the families living there, so letters of caution, warnings and evictions will be pursued for those families who continue to break the rules."

The Interactive Customer Evaluation (ICE) website is a good way to make comments, good and bad. Benton asks that, "If community members leave ICE comments, please leave a contact number and/or name. I get a lot of good questions and comments and I can not do anything about them because I have no idea who sent them, families can also email me directly with concerns or complaints at <gail.benton@sasebo.navy.mil>."

Community Profile



Community volunteer
Penicuik, Scotland

How long have you been in Japan?

19 months

What is your favorite thing about Sasebo?

The greenery. I love the changing colors of the leaves.

Are you married or single?

Married happily for 12 years come October 3.

Do you have any children?

Yes. Jamie, 10, Hayley, 9, and Liam, 2.

What hobbies do you have?

Reading and working out-when I get the chance

Who do you consider to be your role models?

An old college professor, Leslie Fox and my Mum.

What are your personal goals?

To become a teacher.

What motivates you?

Positive attitudes

What is the one thing you can't stand?

People who judge others before knowing them.

What do people not know about you?

I am a true redhead, it's just that the gray is sneaking in fast!

What is your most embarrassing moment?

I was working as a holiday rep in Portugal. On airport duty one day I managed to tuck my skirt into my knickers after a visit to the loo. No one could tell me for laughing!!

If you could have dinner with three people, living or dead, who would they be?

My Grandmother, my Nana and my Mum.

TIME IS RUNNING OUT, ONLY 38
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THE PRESIDENTIAL ELECTION
EXERCISE YOUR RIGHT TO
VOTE!

CFAS, Voting Assistance Officer
LT Maribel Mercado
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UPCOMING EVENTS & MOVIES

New! Create-Your-Own
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- Banana
- Cherry
- Mango
- Blueberry
- Raspberry
- Rhubarb
- Peach

\$2.75

ONE FREE MOVIE!

with the new MWR



Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is **FREE!**

ON SALE NOW!

Cine-Pass

- available for purchase at:
- Showboat Theater
 - Hario Theater
 - Travel & Tours Office

Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CANNOT be used for an adult's admission.
5. Admittance is based upon seating availability.
6. Any card that has been manipulated, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No backpacks, strollers, scooters, skateboards or skates are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

For more information, call 252-2988.

September 24-October 1

FEATURED PREMIERE

EVERYTHING ELSE WAS JUST PRACTICE!

YU-GI-OH THE MOVIE

FREE WITH EACH ADMISSION

YU-GI-OH! (PG)
Starring: Dan Green, Wayne Grayson, Amy Birnbaum and Eric Stuart

After the conclusion of the Battle City Tournament, deep below the sands of Egypt, an ancient evil has awakened. Anubis who was defeated centuries ago by Yugi's mysterious alter ego - the ancient Pharaoh has returned for revenge. Wielding the power of the Eighth Millennium Item, Anubis is determined to destroy Yugi and take over the world.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, SEPTEMBER 24	SATURDAY, SEPTEMBER 25	SUNDAY, SEPTEMBER 26	MONDAY, SEPTEMBER 27	TUESDAY, SEPTEMBER 28	WEDNESDAY, SEPTEMBER 29	THURSDAY, SEPTEMBER 30	FRIDAY, OCTOBER 1
NO MOVIES SCHEDULED	2 p.m. (PG) Thunderbirds 4:30 p.m. (PG) Yu-Gi-Oh 7 p.m. (PG-13) Little Black Book 9:30 p.m. (R) Harold & Kumar Go to White Castle	2 p.m. (PG) Thunderbirds 5:30 p.m. (PG-13) Little Black Book 8 p.m. (PG-13) Bourne Supremacy	6 p.m. (PG-13) I, Robot 8:30 p.m. (R) Collateral	6 p.m. (PG-13) Catwoman 8:30 p.m. (R) Harold & Kumar Go to White Castle	6 p.m. (PG) A Cinderella Story 8:30 p.m. (PG-13) I, Robot	6 p.m. (PG-13) Little Black Book 8:30 p.m. (PG-13) Bourne Supremacy	5 p.m. (PG) *Sky Captain and the World of Tomorrow 7:30 p.m. (PG-13) Little Black Book 9:30 p.m. (PG-13) Alien vs. Predator "Last Showing"

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, SEPTEMBER 24	SATURDAY, SEPTEMBER 25	SUNDAY, SEPTEMBER 26	MONDAY, SEPTEMBER 27	TUESDAY, SEPTEMBER 28	WEDNESDAY, SEPTEMBER 29	THURSDAY, SEPTEMBER 30	FRIDAY, OCTOBER 1
6:30 p.m. (PG) Yu-Gi-Oh 9 p.m. (R) Collateral	2 p.m. (PG) A Cinderella Story 6:30 p.m. (PG-13) I, Robot 9 p.m. (R) Manchurian Candidate	2 p.m. (PG) Yu-Gi-Oh 6:30 p.m. (PG-13) I, Robot	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (R) Harold & Kumar Go to White Castle No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6:30 p.m. (PG) *Princess Diaries 2 9 p.m. (PG-13) Bourne Supremacy

ALIEN VS PREDATOR (PG-13)
Starring: Sanaa Lathan, Lance Henriksen, Raoul Bova, Ewen Bremner and Colin Salmon
Discovery of an ancient pyramid buried in Antarctica sends a team of scientists and adventurers to the frozen continent. There, they make an even more terrifying discovery-two alien races engaged in an ultimate battle.

I, ROBOT (PG-13)
Starring: Will Smith, Bridget Moynahan, James Cromwell, Bruce Greenwood and Alan Tudyk
In the year 2035, robots are an everyday household item and everyone trusts them, except one slightly paranoid detective investigating what he alone believes is a crime perpetrated by a robot.

SKY CAPTAIN AND THE WORLD OF TOMORROW (PG)
Starring: Jude Law, Gwyneth Paltrow, Angelina Jolie, Bai Ling and Michael Gambon
Famous scientists around the world have mysteriously disappeared and Chronicle reporter Polly Perkins along with ace aviator Sky Captain are on the investigation. Risking their lives as they travel to exotic places around world, can the fearless duo stop Dr. Totenkopf, the evil mastermind behind a plot to destroy the earth? Aided by Franky Cook, commander of an all-female amphibious squadron, and technical genius Dex, Polly and Sky Captain may be our planet's only hope.

THUNDERBIRDS (PG)
Starring: Bill Paxton, Brady Corbet, Ben Kingsley, Anthony Edwards and Sophia Myles
Tracy Island, a lush patch of land situated in the remote waters of the South Pacific, is home to brilliant entrepreneur and former astronaut Jeff Tracy and his five sons. It is also the headquarters of Tracy's top-secret organization, International Rescue. Master criminal (The Hood) has breached island security intending to command International Rescue's fleet of five highly advanced rescue vehicles. Deploying Jeff and his four eldest sons on a mission, The Hood finds his plans obstructed by Jeff's youngest son Alan-who will do anything to save the Tracy family and the Thunderbirds.

HAROLD AND KUMAR GO TO WHITE CASTLE (R)
Starring: John Cho, Kal Penn, Neil Patrick Harris, Ethan Embry and Steve Braun
Harold and Kumar set out on a Friday night quest to satisfy their craving for White Castle hamburgers and end up on a mind altering road trip of epic proportions.



Late Night Hockey Madness

Floor hockey may not be for everybody, but if you're interested in giving it a try then sign up by Monday, Oct. 3 for some free nighttime madness at the Fleet Fitness Center on Friday, Oct. 8. Adults only, please. All gear is included. For more information, call 252-3588.

Hario Iron Kids

Congratulations to all winners of the recent Hario Iron Kids competition. The 9 & and under division (50m swim, 500m run) winners are: Michael Flanagan, Jacob Bolds, Isaac Stinchfield, Braylee Gilbert, Aryonna Carpenter and Alexis Blanton. The 10-12 years division (100m swim, 1K run) winners are: Andrew Racek, Peter Fargo, Bretton Gilbert, Ryan Wagner, Zackary Steffey, Ashley Hilton, Jasmine Clark, Amy Baker and Julia Seelbach.

Prime Rib Special At Harbor View Club

Charles Yost, Harbor View Club Executive Chef, and his staff of culinary professionals always have something good cookin' in the kitchen. One of the more popular favorites is their Friday and Saturday Night Prime Rib Special, featuring delicious slow-roasted, tender USDA 'prime' grade beef cut to order. The 10 oz. cut is only \$15.95, but you can also get the big 14 oz. cut for \$18.95 or you can go for the 'Holy Cow' 18 oz. version for only \$21.95. Your special comes with a trip to the famous Harbor View salad bar, fresh vegetables of the day and your choice of baked potato, mashed potatoes or French fries. Dinner is served from 5 to 9 p.m. For more information, call 252-3965.

Help Wanted at Galaxies

Galaxies management is looking for a few good employees to help serve their growing

customer base. Bartenders, cashiers and duty managers are now being recruited to fill several immediate positions. Join the MWR team and earn extra money. Flexible hours to suit your specific needs. For more information, see a Galaxies manager, stop by the MWR Personnel Office or call 252-2980.

Military Bowl For Free

The Spare Time Recreation Center offers free bowling for military personnel in uniform every weekday from 11 a.m. until 1 p.m. It's a great way to bowl with your friends while you enjoy a delicious lunch at the 11th Frame Snack Bar. For more information, call 252-3634.

Columbus Day 5K Run

Columbus managed to find his way, now it's your turn! Sign up at the Fleet Fitness Center by Wednesday, Oct. 6 for the free Columbus Day 5K 'Discovery Run' scheduled for Monday, Oct. 11 at the Spare Time Recreation Fitness Center. Clues will be given at checkpoints throughout the course and you will have to decipher them to determine the next stop. For more information, call 252-3588.

Swap Meet at Hario

You never know what amazing bargains you'll discover at a community swap meet. The folks at the Hario Community Center will host a swap meet on Saturday, Oct. 9 from 9

to 10 a.m. No early birds please. Set up begins at 8 a.m. Reserve your table now (\$2 per table) if you have items you want to sell. For more information, call 252-8960.

Sailing For Beginners Class

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The pros at the Sailing & Outdoor Adventure Center are offering several basic sailing classes in October so you can enjoy this great outdoor sport safely and with confidence. The 6-hour classes are scheduled for Sunday, Oct. 3, Friday, Oct. 15 and Saturday Oct. 23. Class times are from 10 a.m. until 4 p.m. Cost is only \$35 per person. For more information, call 252-3500.

Take the Kids to Kitty Land

Travel & Tour have scheduled a trip to Kitty Land Amusement Park on Saturday, Oct. 2. This amusement park is highly recommended for small children as it features many cartoon hero figures in Harmony Village, Harmony Garden, Harmony Park, a nature Zone and Carnival Square. Have your picture taken in front of a marvelous castle and hop aboard the huge carousel. Cost is \$30 for adults, \$20 for those 12 to 18, \$18 for children 4 to 11 and \$5 for youngsters 3 & under. For more information, call 252-3433.

Living in Japan: More thoughts on baseball and Japan

While writing last week's piece on Little League sports, it brought to mind a column I read in Stars and Stripes about twenty years ago. It was written by someone, whom I am sure is a very erudite and learned woman, who had had reason to spend a couple of months in Japan at one point in her life, and much like myself, had found fodder to write a piece noting her observations.

Her story focused on Japanese baseball, and their policy of stopping any tie game after fifteen innings of play. She observed, the Japanese are such a group people, and so opposed to causing anyone to lose face, this was a classic example of their innate

desire for such contests to end in ties, where neither team suffered the indignity of a loss.

Cute thought, although it is based on a flawed understanding of the sporting fervor of Japanese athletes. In professional sports, whether in Japan, the U.S., or Uzbekistan, the players go onto the field seeking to annihilate their opponent. A lopsided drubbing is much more satisfying than a low-



SUPERVISORY PROGRAMS MANAGER
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scoring squeaker, opposing team sensibilities be danged.

The fact that they stop games after fifteen innings is a reflection of the reality that Japanese public transportation, trains and buses, cease running around midnight and keeping a stadium full of people from catching their rides back home isn't a good idea. A game that ends in a tie is frustrating, kind of like breaking even in a marathon 10 hour poker game. You

didn't win, you didn't lose, it was basically time wasted.

Euphemistically speaking, the lady had stood there and described the trees she could see from the road, using her vast knowledge of a variety of things, including a smattering of facts she had retained on the genus of the trees she could see. But, the forest actually went on for miles, and without gaining higher ground, for a better perspective, or actually leaving her car to walk into that forest, her observations proved to be fallacious.

But then, this is a trap we all fall into - some of us more frequently than others.



New Hours
USO Nimitz Park:
Monday through Thursday 10a.m.-6p.m.
Friday and Saturday 10 a.m. - 9 p.m.
Sunday 10 a.m. - 6 p.m.
Park hours Sept. 20, 21 and 23
10 a.m. - 4:30 p.m.

Fleet Landing:
Monday through Friday 9a.m.-4:30p.m.
Closed Saturday and Sunday (unless there is a volunteer.)

Events
The Society for Creative Anachronism
Fridays at 6:30 p.m.

Betcha didn't know about: Other Sasebo stories

Phil Eakins
Base Historian

Here are a few more stories about Sasebo to impress your friends and neighbors!

A stone monument located at the entrance of Saiho-ji (Saiho temple) in Hachiman cho near city hall recognizes laborers who died during the construction of Sasebo Naval Station. Land mines were used to demolish Kompira Mountain and other areas to clear the site for construction; flying rocks and debris from the explosions caused many of the laborer's deaths. The monument, erected in 1888 by sympathetic villagers, lists the names of 41

workers. By the time the naval station became operational on July 1, 1889, approximately 80 workers had been killed during construction accidents.

Did you know a total of three local newspapers were available to Sasebo residents at various times in the past? The city's first newspaper, Nikkan Sasebo (Daily Sasebo), began publication in 1899 but was discontinued a few years later and replaced in 1903 by the Sasebo Shimpo (Sasebo News). The following year another local paper, the Sasebo Gunko Shimbun (Sasebo Naval Port Newspaper) hit the newsstands. In the beginning both newspapers fought hard for readership, but since Sasebo is a navy town, the Naval Port Newspaper easily won hands down. What made the newspaper most popular among its readers is the fact that it featured

navy related news only. It appears Sasebo residents were more interested in news concerning the Imperial Navy and Sasebo Naval Station rather than what was happening in their own town.

Most people probably don't realize it, but Sasebo does have an elevated railway. In fact, Sasebo's elevated railway was the very first one of its type in Kyushu. The completion of the railway in 1935 can be attributed to the naval station's influence throughout the Sasebo area. The government-funded railway originally provided service between Sasebo and Imari. Today, as the MR Line, the railway extends to Arita and other places throughout the Kita Matsuura area north of Sasebo.

Worship Services

Community Chapel, Main Base

Roman Catholic

Sun. 9 a.m., Tue.- Fri. 11:30 a.m.

Protestant

Sun. 9 a.m.

Protestant Sunday Schools

Sun. 9 a.m.

Catholic Catechetical Doctrine

Sun. 10:15 a.m.

Ladies Bible Study by Beth Moore

Tue. 6 p.m. - Music room

Christian Men's Fellowship

Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Men's Bible Study

Tue. 6 p.m.

Hario Chapel

Protestant (Traditional)

Sun. 9 a.m.

Roman Catholic

Sat. 5 p.m.

Protestant Sunday School

Sun. 9 a.m.

Lay Congregations

Ladies Midweek Bible Study

Wed., 9 a.m.

Firebrand Holiness Service (Hario)

Sun. 2 p.m. FMI 252-7323

Effective Oct. 3: Sun. 11 a.m.

Bible Study: Thurs. 6:30 p.m.

Church of Christ (CEC)

(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122

Jewish Community

Contact Religious Ministries at 252-3380

FMI: LT. Polansky (252-3747)

Nichiren Daishonin's

Buddhism (SGL-USA)

Sat. 1 p.m. at the Community and Education Center (CEC). FMI: 252- 8165

Wicca

As announced.

FMI: JOSN Mellen 252-2290

New Life Christian Fellowship (CEC)

Sunday School- 12:15 p.m. MB, Sunday

Worship Service- 1 p.m. MB, Adult Bible

Study - Fridays, 6 p.m. Hario. Prayer

Meeting- Wed., 6 p.m., Hario. FMI 252-

7332

Ladies Bible Study (CEC)

Tuesday 6:30 p.m.- Music Room

FMI call 252-8632

Family Bible Study (Hario)

Wednesdays 7 p.m. FMI call 252-8632

Off-base

Congregations

Greater Harvest Holiness Church of God in Christ

Located in Daikoku-cho. Sun. 11 a.m. FMI
090-1517-7712

Church of Jesus Christ of Latter Day Saints

Missionary- 252-8279

Lighthouse Baptist Church

Sun. 11 a.m. & 6 p.m. Wed. 7 p.m.

FMI, 33-9011 or 090-8914-8319.

International Christian Assembly

Assemblies of God; Sun. 10:30 a.m. & 5:30

p.m. FMI, 28-4063.

Iglesia Ni Cristo

252-2363 During working hrs.

252-8453 After working hrs.

AFN-TV Schedule Sept. 25-Oct. 1

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. Sept. 25	8 a.m. - ABC World News Tonight 11 a.m. - The News Hour 4 p.m. - Night Line 6 p.m. - Dateline NBC 8 p.m. - CNN Saturday Morning	9 a.m. - Clean House 2 p.m. - Antiques Road Show 6 p.m. - What Not To Wear 8 p.m. - Crossing Jordan	8 a.m. - Chalk Zone 11 a.m. - College Football 2 p.m. - WWE Raw! 8 p.m. - C.S.I.	7:30 a.m. - Access Hollywood 1 p.m. - Headline News 4 p.m. - Jimmy Neutron 8 p.m. - WWE Raw	8 a.m. - MLB 2 p.m. - NFL Matchup 4 p.m. - Inside the NFL 8 p.m. - MLB 11 p.m. - SportsCenter
Sun. Sept. 26	9 a.m. - Washington Week in Review 12 p.m. - Dateline International 4 p.m. - Make it Count 10 p.m. - CBS News Sunday Morning	12 p.m. - Suze Orman Show 4 p.m. - J.A.G. 7 p.m. - Hope & Faith 10 p.m. - Friends 11 p.m. - Mad TV	1 p.m. - You Lucky Dog 4 p.m. - WWE Smackdown 8 p.m. - Lilo & Stitch	8 a.m. - Saturday Night Live 1 p.m. - Celebration of Victory 4 p.m. - You Lucky Dog 8 p.m. - College Football	8 a.m. - NASCAR Busch Series 4 p.m. - College Football 10 p.m. - SportsCenter 11 p.m. - The Sports Reporters
Mon. Sept. 27	7 a.m. - Tim Russert 9 a.m. - This Week 12 p.m. - CNN Presents 7 p.m. - Next @ CNN 10 p.m. - Headline News	10 a.m. - Designer's Challenge 1 p.m. - Charmed 4 p.m. - ER 7 p.m. - Weddings Gone Wild 10 p.m. - Friends	1 p.m. - Access Hollywood 4 p.m. - DragonFly TV 5 p.m. - Jeopardy! 7 p.m. - 60 Minutes 8 p.m. - Cold Case	8 a.m. - Baseball Tonight 1 p.m. - Headline News 3:30 p.m. - Wheel of Fortune 8 p.m. - Today	9:30 a.m. - NFL Football 3 p.m. - SportsCenter 4 p.m. - SportsCenter 10 p.m. - PGA Tour
Tues. Sept. 28	10 a.m. - Hannity & Colmes 12 p.m. - Lou Dobbs Tonight 3 p.m. - BET Nightly News 7 p.m. - The O'Reilly Factor	10 a.m. - Best for Less 1 p.m. - Charmed 7 p.m. - Ed 11:30 p.m. - Blind Date	1 p.m. - Access Hollywood 4 p.m. - Braceyface 7 p.m. - Monday Night Football 10 p.m. - ESPNews	10 a.m. - Monday Night Football 1 p.m. - Headline News 4 p.m. - Dr. Phil 8 p.m. - Today Show 11 p.m. - Braceyface	8:30 a.m. - Totally NASCAR 11 a.m. - Truck Series Drag Racing 8 p.m. - WNBA 10:30 p.m. - ESPNews
Wed. Sept. 29	8 a.m. - ABC World News Tonight 12 p.m. - Lou Dobbs Tonight 2 p.m. - News Night w/ Aaron Brown 7 p.m. - The O'Reilly Factor	10 a.m. - Sensible Chic 2 p.m. - Ally McBeal 7 p.m. - The Amazing Race 10 p.m. - Friends	9 a.m. - Blue's Clues 1 p.m. - Access Hollywood 4 p.m. - Popular Mechanics For Kids 9 p.m. - Las Vegas	8 a.m. - MLB 1 p.m. - Headline News 4 p.m. - Dr. Phil 7 p.m. - Headline News 8 p.m. - Today Show	3 p.m. - SportsCenter 4 p.m. - MLB 7 p.m. - SportsCenter 8 p.m. - FIM World Superbike Championship
Thurs. Sept. 30	9 a.m. - Countdown w/ Keith Olbermann 12 p.m. - Lou Dobbs Tonight 3 p.m. - BET Nightly News 6 p.m. - 60 Minutes	9 a.m. - 30 Minute Meals 2 p.m. - Ally McBeal 6 p.m. - The Simpsons 7 p.m. - One Tree Hill	9 a.m. - Play With Me Sesame 4 p.m. - Yu-Gi-Oh! 7 p.m. - Everybody Loves Raymond 8 p.m. - Bachelor	11 a.m. - ESPNews 1 p.m. - Headline News 4 p.m. - Dr. Phil Show 8 p.m. - Today 11 p.m. - Yu-Gi-Oh!	8 a.m. - MLB 11 a.m. - MLB 4 p.m. - College Football 11 p.m. - ESPNews
Fri. Oct. 1	2 p.m. - News Night w/ Aaron Brown 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8 a.m. - Emeril Live 2 p.m. - Ally McBeal 6 p.m. - The Simpsons 7 p.m. - Charmed 9 p.m. - Arctic Mission	1 p.m. - Access Hollywood 4 p.m. - The Fairly OddParents 7 p.m. - King of the Hill 9 p.m. - Survivor	1 p.m. - Headline News 3:30 p.m. - Wheel of Fortune 8 p.m. - Today 11 p.m. - Fairly OddParents	8:30 a.m. - College Football 4 p.m. - PGA Tour 8 p.m. - College Football 10 p.m. - SportsCenter

Non-Profit Organizations

Al-Anon

090-8229-7048, 090-9602-4353

Alcoholics Anonymous

090-9602-4353, 090-8229-7048

CFAS Wardroom Association

252-3452

CPO Association

252-3521

Exceptional Sailor Program

CFAS E-4 and below, 252-3385

Filipino American Association

252-8361, 080-3228-5809

Guardian Angels

Spouse support group. 090-5945-2150

Navy League, Sasebo Council

252-3109

Nippon Lodge Number 9

252-3481

Officers' Spouses' Club

090-6632-7739

Sasebo Bluejackets Association

E-1 to E-6 personnel. 252-3481

Sasebo Eagles Little League Club

<c30-dd@cfas.navy.mil>

Sasebo First Class Association

Shore Duty E-6's. 252-2181/3347

Sasebo Homeschool Support Group

252-8195, 0956-58-7875

Sasebo Wrestling Club

252-2801

Thrifty Treasures

252-8940

USS Essex Family Support Group

0956-32-2177

USA Girl Scouts Overseas

0956-49-5273

USO

252-3959

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30

- 4 p.m.

Tuesday & Thursday 7:30-11:30; 12:30

- 4 p.m.

Wednesday 8:30-11:30

Appointment Line: 252-2550

Hario Annex Clinic: 252-8770

Online Medication Refill:

<www.nhyoko.med.navy.mil>

TRICARE Health Line: 005-3111-4621

TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1

Off Base: 0956-23-9911

Patient Comment Line: 252-2536

Or send e-mail to:

<SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation

Mon.-Thu. 8 a.m. - noon, 1 - 5 p.m.

Fri. Appointments only

Sick Call 8 - 10 a.m.

Main Base: 252-3886

252-3747

Hario: 252-8977

EMERGENCY NUMBERS

After Hours: 252-2550

252-2551

Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392

Desk Sergeant 252-3446 or 3447

Security Operations Officer 252-2371

Security Administration 252-2386

Fire Department

Business lines

Information/Dispatcher 252-3408/3518

Dispatcher 252-2144

Fire Chief 252-2147

Prevention Chief 252-2139

Training Chief 252-2149

Fire Prevention Offices

Main Base & Hario 252-2142/2163

Ordnance Area 252-2162

FISC Areas 252-2166

EMERGENCY NUMBERS

On Base: 9-1-1

Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380

Fleet & Family Support Center 252-3604

CFAS Quarterdeck 252-3311

Navy Relief Society 252-3366

CFAS Public Affairs (Shore-based

commands) 252-3409

CTF-76 Public Affairs (Sea-based

commands) 252-2131

USO 252-3959

Navy Lodge 252-3608

AFN 252-3869

1575 Thunder Radio 252-1575

Command Connections 252-2290

Hispanic Heritage Month Observation Focus on: Puerto Rican traditions

JO1(SW) Ron Inman
CFAS Public Affairs

When Daniel Fuentes was growing up, his grandfather frequently told him something that he has always remembered: "No matter how people try to fold or crumble you, they'll never lessen the value of who you are."

So when asked what aspect of his Puerto Rican heritage he values the most, it's no surprise that Master-At-Arms Second Class Daniel Fuentes responds immediately. "Pride," he says.

"My pride has always led me to try to be the best at everything I do," said the Bronx, N.Y. native. "Anytime I can't do something, my pride always leads me to believe that I can."

Fuentes also feels a tremendous sense of pride for what he says is a key element of his Puerto Rican heritage – family traditions.

"Puerto Ricans have many traditional family values," he explained. "No matter where you live, as a Puerto Rican, you hold onto those values."

Fuentes cited several examples that he says

are similar to Japanese values.

"In Puerto Rico, as in Japan, the eldest son has to take charge of the family if something happens to the father.

"Also, showing respect to one's elders is important to Puerto Ricans, as it is in Japan."

Puerto Rican families and Japanese families also share traditions at the dinner table, according to Fuentes.

"In a Puerto Rican family, and other Spanish cultures, as in a Japanese family, everybody thanks the mother for the food. The mother makes sure that everyone is served before she serves herself."

Fuentes explained that when visiting grandparents, the grandchildren take on the responsibility of the household chores, such as washing the dishes or cleaning the yard – that way, the grandparents also get a break when their family comes to visit.

Fuentes added that when a Puerto Rican woman has a baby, her mother, regardless of where she is, will come to her and teach her how to care for the baby.

"When my second child was born, my mother came all the way from New York to Sasebo to help my wife," he said.



"No matter how people try to fold or crumble you, they'll never lessen the value of who you are." - Puerto Rican proverb

Sasebo Elementary School welcomes Darce as counselor



Sasebo Elementary School is pleased to introduce Ms. Nicole Darce, our new elementary school counselor. Ms. Darce grew up in Pocatello, Idaho. She

received her Bachelor of Science in Psychology and Masters in Counseling from Idaho State University. Ms. Darce decided to go into this field because she loves helping people. Some of the programs she has worked in are; Bright Tomorrows, in which she helped children and adults who have been sexually abused, Idaho Youth Ranch and Family Treatment Cooperative. Ms. Darce plans to work with the students of Sasebo Elementary School in many ways, by doing individual counseling, group work, family work, consulting with parents and teachers, behavioral management, and in class presentations. She is very pleased to be in Japan and looks forward to working with the parents, teachers and students of Sasebo.

Essex Sailor sews for Sasebo kids

USS Essex Public Affairs

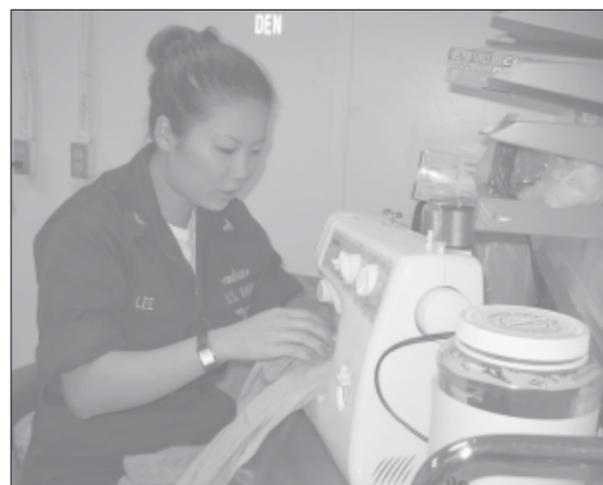
Navy and Marine Corps uniforms are piled high inside Essex Dental Department. Dental Technician Third Class (SW/AW) Mira Lee controls the ebb and flow of these uniforms as she sews on patch after patch for crewmembers aboard Essex. She's not just sewing to help out her shipmates. She's sewing to raise money for several Sasebo children's homes.

"We had a community relations event in Nimitz Park with the kids just before we got underway and it was really nice," said Lee. "I wanted to do something more for them and I think this could turn out to be a big donation," noted Lee, as she shook her gigantic 'Donation Jar.' "We've collected more than \$800. The Marines and ship's company have been very generous," said Lee. "I only charge \$1 a patch but people have been giving much more."

The original plan was to make enough money for a Christmas party when the ship returned to Sasebo later in the year. The current deployment changed that plan.

Essex Community Relations Coordinator, Aerographer's Mate First Class (AW/SW) Carlin Maxwell, said the plan now is to have an event when the ship returns to Sasebo.

"We'll be looking forward to one day giving the kids a special time when we get back," said Maxwell. "The people who run the homes do a really great job in raising and caring for the kids, but to be given individual attention is important for any child. To



A Sailor sews a patch onto a utility shirt aboard Essex. All of the money collected by Lee will go toward events for local children's homes upon Essex' return to Sasebo. (Official U.S. Navy photo by Essex Public Affairs)

recognize them more as individuals outside of what they're normally used to doing and receiving gifts for their birthday, Christmas or other special holiday is the key and that's where the money Lee is raising will come in," said Maxwell.

When the September exam advancement results are released in December, people will need patches sewn on fast, and Lee said she'd be ready.

"I'll be sewing a lot of patches during that time for people on the ship. I hope they remember to come to me because it's all for a great cause. All the money is going to the kids in Sasebo," added Lee.

Lee also said she couldn't take all the credit for the outstanding seamstress work that's been done on the uniforms in an effort to raise money for the orphans.

"The sewing machine has done some of the work," she said with a smile.

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday (800)-497-6261

for Care of Sexual Assault Victims

hotline

Base, community announcements

Parking Certificates

Sasebo Soundings recently ran a community announcement regarding parking certificates. The information in the announcement was incorrect, CFAS Security department would like to provide the correct information.

All SOFA Sponsored Vehicles (Y Plates or A Plates) that are attached to COMFLEACT Sasebo or Tenant Commands are required to obtain a Certificate of Custody Space for Vehicle (Parking Certificate and sticker). This procedure only applies to personnel registering the vehicles for the first time. The price for the Parking Certificate is 3,250 YEN for base housing residents and 4,250 YEN for CHO residents. If you have any questions please contact Sasebo Security Vehicle Registration Office at 252-2377 or 252-2378

Dental Clinic

Branch Dental Clinic requests that patients enter at the back of the Branch Medical Clinic on Wednesday afternoons.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. Failure to show up at traffic court after a month will result in suspension of driving privileges for 12 months. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

Base Communications Office

Effective Sept. 1, new dialing procedures took effect. To dial off base there is a uniform 99 code for international calls and domestic off base, including cell phones.

Due to this change, residential and organizational customers will now have one monthly bill for local and long distance calls. BCO monthly telephone bill will include international call charges starting with the bill for Oct. 2004.

Due to this change only two classes of services will be available: (1) With commercial access (both local and international) or (2) on-base only.

Customers are also reminded of the Direct Inward Dialing system, which was activated on June 15, affecting dialing from off-base, out of Japan, a cellular phone or a Japanese pay phone to any on base number. The old procedures will remain operational until Dec. 31, 2004. Customers are encouraged to use the new procedure as follows: From off base and within the Sasebo area, using the last four digits of the number, dial 50. From off base and out of the Sasebo area, dial 0956-50. From the U.S., using the last four digits of the number, dial 011-81-956-50. For more information about these services, please call 252-3200.

Sasebo Homeschool Support Group

Families that are homeschooling their children can sign up now for group Physical Education classes and Host Nation Classes at Hario for the new school year. Join the Homeschool support group for picnics, field trips, friendship and support. If you are interested in ordering Scholastic books throughout the school year please contact Mary 252-8195 or Kathleen at 0956 58 7875.

Voting

If you are already a registered voter and would like to vote in the Primaries for your state you will need to send out your absentee ballot two weeks in advance of the election day. If you have registered but have not yet received your absentee ballot see the Staff Judge Advocates Office for assistance. For those who would like to register but have not yet done so please see the SJA's office.

The State Primaries for September are Hawaii and Louisiana Sept. 18. For more information contact the SJA's office at 252-3385.

Harpers-Ferry Family Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

Fort McHenry Family Support Group

The new USS Fort McHenry Careline is up and running. The line can be accessed by calling 252-8022. Contact Ombudsman Linda Mellen or Melanie Tompkins or Family Support Group President Pauline Woods-Fiscus for more information.

Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are

encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

Patriot Family Support Group

USS Patriot Family Support Group is holding a series of fundraisers for the kids Christmas fund. On Saturday, Oct. 16 there will be a bake sale at the Fleet Exchange from 10 a.m. - 3 p.m. On Sunday, Oct. 17, there will be a garage sale on Seal beach ct. in Hario. For information, call Yvette at 252-3038. On Friday, Oct. 22, a bake sale will be held at the Hario Home Store at 2 p.m.

CFAS Ombudsman

CFAS would like to welcome aboard the new command ombudsman, Wendy Mckenzie. Family members that would like to be contacted can call Wendy with their information or contact the Ombudsman coordinator at the Fleet and Family Support Center. Wendy can be reached by phone at 252-3120 or 090-8417-7906, or by e-mail at <c100A@cfas.navy.mil>.

NEX Notes

October Vendor Sale

Oct. 1-2, Fuchigami Company will offer a \$5-\$10 "Pack All You Want" porcelain sale. Oct. 8-9, Kobayashi Company will bring a portrait painter and a Hakata doll painter. You can also have a Hakata doll made to order.

New Engraver at Personalized Services
NEX Personalized Services' new engraver is able to do both English and Japanese fonts. Also, NEX Personalized Services now offers photograph transfers. Your favorite photo can be placed on T-shirts, mugs or a mouse pad as a gift for the family. Call 252-3506 for more information.

Best Left to Professional Tailors

NEX Tailor Shop is now accepting civilian clothing for alterations and repairs. Save money and look good too. Located in the rear of the NEX Uniform Shop. Call 252-3545 for an appointment.

Consignment Jewelry Event

Dynasty Sale Oct. 8-22 at the main store. Forty percent off all Dynasty 18K gold jewelry and 20 percent off all Thailand Baht. Limited stock available.

New Car Sales Giveaway

From now until Oct. 3, enter to win a \$5,000 U.S. Savings Bond, a \$1,000 NEX gift card or a Microsoft X Box. Contact Zak at NEX New Car Sales (252-3792) for details.

Antique/Sepia Photography

'Portraits International' professional photographers are now in Sasebo. Registration begins Oct. 1 at the Fleet Exchange.

Birth

Announcements

A service of FFSC New Parent Support and *Sasebo Soundings*

Connor Kaito Glazier

Born at 11:46 a.m. Sept. 10 in Dr. Murakami's Clinic to Mother, Hiromi Glazier, and Father, David Glazier of Sasebo's MWR Department. Connor weighed 7.5 pounds at birth. Both parents and big sister, Megumi, are very happy to have Connor home with them.

Joemar Miguel Alicdan

Born at 2:02 p.m. Sept. 1 in Dr. Higashijima's Ladies Clinic to Mother, Maricar Alicdan, and Father, HM2 Joemari R. Alicdan of Sasebo's Branch Medical Clinic. Joemar weighed 8 pounds 7 ounces at birth. His big brother, Jeremiah, is looking forward to helping take care of the baby.

Nyssia Angel Stokes

Born at 1:42 p.m. Aug. 11 in Dr. Higashijima's Ladies Clinic to Mother, Ericka Stokes of Hario Commissary, and Father, CS2 Rodney M. Stokes of USS Juneau (LPD-10). Nyssia weighed 3869 grams, or 8½ pounds, at birth. Her siblings, A'Jani and Rayshawn are excited about their new little sister.

Jalen Eric Jones

Born at 1:50 a.m. June 4 in Yokosuka Naval Hospital to Mother, Ursula Manshay Jones, and Father, CWO3 Virgil Eric Jones of USS Juneau (LPD-10). Jalen weighed 6 pounds 2 ounces at birth. Onya, Arrabia, and Kenya are very happy to have a new baby brother in the house.

Joseph Musashi Guetterman

Born at 11:57 a.m. Apr. 9 in Dr. Higashijima's Ladies Clinic to Mother, Junko Guetterman, and Father, ET3 Fred Guetterman of USS Essex (LHD-2). Joseph weighed 3098 grams at birth. He is the first child for these happy parents.

Lily Hiroko Maples

Born at 3:55 p.m. Apr. 21 in Dr. Higashijima's Ladies Clinic to Mother, Hiroko Maples, and Father, PO3 James Maples of USS Juneau (LPD-10). Lily weighed 3012 grams at birth. This is the first child for the Maples' family as well.

Congratulations to these proud parents and welcome to these wonderful new additions to our Sasebo Navy family.

See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.

CLASSIFIEDS

VEHICLES

(Exp. Oct. 2) 1989 Toyota Mastersurf Van. JCI '05, asking \$1200/obo. Call 252-2272 or 090 8356 0486.

(Exp. Oct 2) 1995 Toyota Marino, JCI '06, asking \$2500 . Call Teresa at 080 5019 2534.

(Exp. Oct. 16) Vagabond 42-ft. sailboat, ketch-rigged, center cockpit. Live-aboard and world cruiser in excellent condition. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave and refrigeration. 85 horsepower Ford Lehman diesel engine, watermaker, full electronics and more. Located in Sasebo. \$120,000. Call 090-3882-8616 or e-mail secondwind53@hotmail.com.

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eye-glasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items. If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. Oct. 16) Gently-used Euro-Graco 3-way Pack n' Play with parent organizer bassinet, changing station, portable play yard. Folds into a small-sized suitcase. Avalon umbrella stroller and potty trainer. All for \$80. Rocking glider with ottoman, \$90. Call Yolanda or Ron, 252-8555.

(Exp. Oct. 16) Triple dresser, 9-drawer with large mirror \$200. JVC VCR \$100. Boys' 'Firebird' bike with training wheels for age 2-5 yrs, \$15. Large and small Italian dictionaries and grammar books, \$15 for all. 'Japanese For Busy People' books, Vol. 1 & 2, \$12 for pair. Heated roller set \$10. Call 252-7186.

(Exp. Oct 2) Neighborhood yard sale (multiple families) on Coronado St., Hario. Toys, electronics, clothes and more - some for upcoming PCS. 8 - 10 a.m., Sat., Oct. 2.

(Exp. Oct. 2) Yard sale at Hario - Bara Tower multipurpose room, Saturday, Oct. 2. Baby items, VHS movies, clothing, chinaware.

(Exp. Oct. 2) Nissan GT R33 Skyline parts for sale, front bumper ¥7000, Chrome lug nuts (almost new) ¥7000. Call 090 9406 6240 or email <Aomori72@aol.com>.

(Exp. Oct 2) Seiko Kinetic divers watch \$350, Pearl/Diamond ring \$110, Mens wedding band \$50, New ruby/sapphire/diamond heart shaped ring \$700. Call 090 9406 6240 or email <Aomori72@aol.com>.

(Exp. Oct. 2) Personal computer for sale, college/internet PC. \$450. Mid-performance \$600, Gaming PC. \$750. High performance \$1100. All PC's include the following DVD/CD-RW drive, compact flash/floppy drive 120GB 7200 rpm digital hard drive, keyboard w/mouse and two speaker set. Shuttle home theater PC \$600. New in original box albatron pentium four motherboard, 1865pe chipset \$90, Biostar AMD motherboards call for details, Dell inspiron 8000 laptop \$800. Prices include onsite setup and unlimited tech support. Operating systems and software not included. For more information call 080 1705 2983.

(Exp. Oct 2) Wanted toddler bed. Call Jodi at 0956 25 5346.

(Exp. Oct 2) Looking for a good used car. I will help you find one and provide all the translations for free. If you are interested in this service please call 090 9406 6240 or email <Aomori72@aol.com>.

(Exp. Oct. 2) For sale, Infant halloween outfits, Infant winter white fur coat. Call 252-8202.

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call sandra Hornbeek at 090 5024 7139 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Karrie or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base. Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisti@hotmail.com> Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>

ADSL/Broadband setup and computer support;

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants must have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals. Darby Elementary is also looking for qualified applicants for a kindergarten/elementary teaching position. For more information please call 252-8800/8801 or stop by and visit the school office during business hours; Monday - Friday 7 a.m. - 4 p.m.

\$7.50 per hour
Sailing and Outdoor Recreation Center
Recreation Asst (Sailing), NF-02, \$8.39 per hour
Recreation Asst (Paintball), NF-02, \$8.39 per hour
Theater (Village)
Snack Bar Clerk, NF-01, \$6.00 per hour
Projectionist, NA-05, \$9.12 per hour
Ticket Seller, NF-01, \$6.00 per hour
Fitness Center
Recreation Aide (Gear Issue), NF-01, \$6.00 per hour (Hario)
Recreation Assistant (Physical Fitness), NF-02, \$8.39 per hour (Main Base)
Galaxies
Bartender, NA-05, \$9.12 per hour
Bar Assistant, NA-02, \$7.91 per hour
Cashier, NF-01, \$7.50 per hour
Club Operations Assistant (Duty Manager), NF-02, \$8.39 per hour
Service Counter Attendant (Food), NF-01, \$7.50 per hour
Gaming Cashier, NF-01, \$7.50 per hour

NEX

Open Continuous Flexible Vacancies (OC'03) Main Base & Hario
Barber, NA-7603-07, \$9.78/hr
Beautician, NA-7641-07, \$9.78/hr
Sales Clerk, NF-2091-01, \$6.00/hr
Desk Clerk, NF-1176-01, \$8.00/hr
New Flexible Vacancies (Main Base)
Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.
Sales Clerk, NF-2091-1, \$6.00/hr, Four Seasons Store, Open until filled.
Sales Clerk, NF-2091-1, \$6.00/hr, Mini Mart, Open until filled.
Automotive Mechanic, 60% commission (Labor Only), Auto Port, open until filled.
Navy Lodge Office Clerk, NF-6145-01, \$8.00/hr
Food Service Worker, NA-7408-02, \$7.01/hr, King School Cafeteria, Open until filled.
Fabric Worker, NA-3105-05, \$7.85/hr, Tailor Shop, Open until filled.
Santa Clause (Limited term, Nov. 26 - Dec. 25) \$10 IV.
New Flexible Vacancies (Hario)
Sales Clerk, NF-2091-01, \$6/hr, Home Store, Open until filled. Two positions.

HRO

Store Worker (WG-6914-04) DECA, Sasebo, Open Continuous Position
Store Worker (WG-6914-04) DECA, Hario, Open Continuous Position
Sales Store Checker (GS-2091-03), DeCA, Sasebo, Open Continuous Position
Sales Store Checker (GS-2091-03) DeCA, Hario, Open Continuous Position
Education Aid/Technician (GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Education Aid/Technician (GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Production Controller (GS-1152-09), SRF, Open until filled.
Child Development Center Director (GS-1701-09), Open until filled.
Recreation Aid (GS-189-02), MWR, Main Base, Close: Open until filled.
Clerk Typist (GS-0322-03), MWR

Vacancy announcements are available on the HRO Yokosuka website: <http://hro.cnj.navy.mil/sasebo>.

Just to note...

- 1) Classifieds run for three consecutive weeks. Home Business Classifieds run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next Sasebo Soundings Classifieds is Tuesday, 5 p.m. at <soundings@cfas.navy.mil>
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed Request to Engage in Private Employment.
- 5) ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!

Sasebo Soundings Editor

As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

Therapeutic massage, certified massage therapist. One hour \$45, 90 minutes \$60, 2 hours \$80. Call Sandra at 090 5024 7139 or 34-5321 for an appointment.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us on the Web at www.photographybyferna.com

VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aoros.ocn.ne.jp> or contact Vodafone manager at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscasters in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

UMUC

University of Maryland University College is seeking applications to teach from individuals with a master's degree or doctoral from a regionally accredited university in mathematics, English, business, computer studies or related fields. Application forms available at the Maryland office in the Community and Education Center (BLDG 155). A complete application would include a resume and copies of graduate and undergraduate transcripts. FMI, please call the Maryland main office in Japan at DSN 225-3690.

RELIGIOUS MINISTRIES

DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

The Jewish High Holiday of Rosh Hashanah begins on the evening of Wednesday, September 15 and ends Friday September 17. This year the Jewish community of Sasebo is planning to observe the holiday in Seoul, Korea. If you are observant, you can get no cost TAD orders to go to Seoul. Room and meals will be free to active duty members and their family; however, you will have to pay for the flight to Seoul. If you are interested, please contact Lt Polansky at 252-3747 or the Chaplain's Office no later than Sunday, August 29.

MWR

REGULAR FULL-TIME POSITION:
Library
Library Aid, NF-01, \$6/hr.
FLEXIBLE POSITIONS:
Child Development Center (MB), SSN Required
Education Aid (CDC), GSE-02, \$8.42 per hour, GSE-03, \$9.18 per hour, GSE-04, \$10.31 per hour
Youth/Teen Center (HV/MB), SSN Required
Recreation Aid, NF-01, \$8.42 per hour (Teen/Pre-Teen Programs and School Age Care Programs)
Recreation Aid (Summer), NF-01, \$6.50 per hour (Not to exceed 6 months)
Bowling Center
Service Counter Attendant (Food), NF-01,

HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day. Educational Aid (General), GS-1702-04. Educational Aid (Special Education), GS-1702-04. Educational Aid (Sure Start), GS-1702-04. Office Automation Clerk/Assistant, GS-0326-04/05. Secretary, GS-0318-05/06. School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

WANT YOUR AD IN THE SOUNDINGS?

Deadline for submission is noon Tuesday. For more information contact: Sasebo Soundings at 252-3409 or visit us on the Web at: <soundings@cfas.navy.mil>

HOME BUSINESS

MWR Athletics
252-3588

SASEBO SPORTS

Hario Gym
252-8960

Sports Officials Association looking for new members

Naomi Sullivan
CFAS Public Affairs

The Sasebo Officials Association (SOA) is a private organization that provides Officials and Scorekeepers for Morale Welfare and Recreation (MWR) sports both intramural and youth and High School sports events.

The major sports for Fleet Activities Sasebo (CFAS) are softball, flag football, soccer, baseball, basketball and volleyball, however, minor sports, like floor hockey, also have the benefit of qualified officials.

Each sport has uniform requirements for its officials, and there are tests that must be taken before a certification will be given for any sport. The tests are open book, and are geared to give you the greatest understanding of the game. Scorekeepers are not required to test; however, on the job training is required.



A Sasebo Official Associations member awaits a play at first base at Wednesday nights softabll games for Intramural sports at Nimitz Park. (Photo by Naomi Sullivan).

The Association elects a president, vice president, and secretary/treasurer each year in November. All the officials that are involved in the SOA have the opportunity to voice their opinions and concerns at this yearly meeting. Each sport has a commissioner who manages the officials, providing schedules and holds quarterly training for their respective sport.

“This is great way to get involved with extra activities, meet people and generally get involved with the community,” said Ralph Roe, president of the Sports Officials Association. Roe added “We are out here to help MWR and have a good time, and the pay is not bad either.”

Last year the SOA donated over \$5,000 to the base community for a variety of events, ranging from scholarships and uniforms to assisting the base’s own Japanese Little League team.

The current elected members are Ralph Roe, president, Eric Hudzikiewicz, vice president and Jim Whalen serving as both secretary and treasurer. Commissioners for the five major sports are Gary Judd, softball and baseball, Eric Hudzikiewicz, flag football, Jim Whalen, volleyball, Leroy Emura basketball and Ralph Roe III, soccer. For more information contact Ralph Roe at 252 2215 or email <roer@spawar.navy.mil>.



President of the Sasebo Officials Association, officials the intramural softball games at Nimitz Park. (Photo by Naomi Sullivan).

Masters swim meet held in Hirado Sept. 19



A Masters swim meet was held at Hirado Sept. 19. The age range for masters meets are 18 - 80 years old.. Anyone interested in swimming can contact Dennis Lebling at 252-2928. Participants can choose to swim up to three indivial events and two relays at a small cost. Events are in all strokes: freestyle, breaststroke, backstroke and butterfly with race length ranging from 25 meters to 200 meters for individual and 100 meters for relays. Above: Swimmers dive in for the 25 meter freestyle. (Photo by Naomi Sullivan).

Fitness Tip: 5 junk foods to avoid

Alec Culpepper
Fitness & Aquatics Director

- 1) French-Fries: Deep-frying in oil adds the carcinogen acrylamide into potatoes and most chips. A large serving of fries can contain over 300 times the allowable limit set by other countries such as Sweden.
- 2) Commercial Pizza: High in sodium, carbohydrates and fats, pizza is heated at over 180C, destroying a great deal of the nutrient value. Making your own, by using pure flours, vegetables, minimizing cheese and sodium, may be an alterna-

tive.

- 3) Low Fat Ice Cream: It is made from genetically modified soy. Taking fat out of the ice cream increases the glycemic index. Either eat ice cream or don’t! Do not think that there is any such thing as healthy ice cream.
- 4) Soda: It is packed full of refined sugar and has no nutritional value. Large amounts have the potential to demineralize bones.
- 5) Fruit Drinks: They are mostly water and sugar with some coloring. Even the labeling on fruit juices can be misleading.

Upcoming sports events:

Last Day of the Season fun- filled event Youth Splash n’ Dash

Sunday, Sept. 26, 9 a.m.

Main Base pool

For more information and pre-registration,

contact the Fleet Gym at 252-3588

race day sign-ups available

New pool hours

Main Base pool Aug. 30 - Sept. 26

Monday - Friday 6- 8 a.m., 11 a.m. - 12:30 p.m. (lap swim)

Monday - Friday 4 p.m. - 7 p.m. (open Swim)

Sat, Sun & Holidays 11 a.m. - 7 p.m. (open swim)

27 Sept. closed for the season